

# January 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 <i>New Years Day</i>	2	3 <i>D3 Conference Games@ Cypress  No practice</i>
4	5	6 <i>Prep and JV Practice 6-8pm @ Muni</i>	7 <i>V/D3 BB practice 6-8 pm @ Muni Volunteer Orientation @ Liberty Station 6-7:30 p.m.</i>	8	9	10 <i>West Coast Regional 9:00 a.m. 5:00 p.m. @ Canyon Crest Academy  Prep BB Practice 11:30- 1:30 p.m. @ Muni</i>
11 <i>West Coast Regional 9:00 a.m. 5:00 p.m. @ Canyon Crest Academy</i>	12	13 <i>Prep and JV Practice 6-8pm @ Muni</i>	14 <i>V/D3 BB practice 6-8 pm @ Muni</i>	15	16	17 <i>Prep/JV BB Practice 11:30-1:30 p.m. @ Muni V/D3 BB practice 1:30-3:30 pm @ Muni</i>
18	19 <i>Martin Luther King's B-day</i>	20 <i>Prep and JV Practice 6-8pm @ Muni</i>	21 <i>V/D3 BB practice 6-8 pm @ Muni</i>	22	23 <i>North County Futures &amp; Prep Teams 5:00-7:00 p.m. Boys and Girls Club Vista</i>	24 <i>CV Futures 9:30- 11:30 a.m. @ PWG Prep/JV BB Practice 11:30-1:30 p.m. V/D3 BB practice 1:30-3:30 pm @ Muni</i>
25	26	27 <i>Prep and JV Practice 6-8pm @ Muni</i>	28 <b><i>D3/Varsity BB Demo at SDSU 7:00 p.m.</i></b>	29	30 <i>North County Futures &amp; Prep Teams 5:00-7:00 p.m. Boys and Girls Club Vista</i>	31 <i>CV Futures 9:30- 11:30 a.m. @ PWG Prep BB Tournament against 11:30-4:30 p.m. @ Muni</i>

# February 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 <i>Prep and JV Practice 6-8pm @ Muni</i>	4 <i>V/D3 BB practice 6-8 pm @ Muni</i>	5	6 <i>Futures Ski Trip to Big Bear</i>	7 <i>Prep/JV BB Practice 11:30-1:30 p.m. V/D3 BB practice 1:30-3:30 pm @ Muni</i>
8	9	10 <i>Prep and JV Practice 6-8pm @ Muni</i>	11 <i>V/D3 BB practice 6-8 pm @ Muni Volunteer Orientation @ Liberty Station 6-7:30 p.m.</i>	12	13 <i>North County Futures &amp; Prep Teams 5:00-7:00 p.m. Boys and Girls Club Vista</i>	14 <i>CV Futures 9:30- 11:30 a.m. @ PWG Prep/JV BB Practice 11:30-1:30 p.m. D3 Conference Champi- onships 9:00-5:00 @ Tierrasanta Rec Center</i>
15 <i>D3 Conference Champi- onships 9:00-5:00 @ Tierrasanta Rec Center</i>	16 <i>President's Day</i>	17 <i>Prep and JV Practice 6-8pm @ Muni</i>	18 <i>V/D3 BB practice 6-8 pm @ Muni</i>	19	20 <i>North County Futures &amp; Prep Teams 5:00-7:00 p.m. Boys and Girls Club Vista</i>	21 <i>CV Futures 9:30- 11:30 a.m. @ PWG Prep/JV BB Practice 11:30-1:30 p.m. V/D3 SDSU BB Demo 2:00 p.m.</i>
22	23	24 <i>Prep and JV Practice 6-8pm @ Muni</i>	25 <i>V/D3 BB practice 6-8 pm @ Muni</i>	26	27 <i>North County Futures &amp; Prep Teams 5:00-7:00 p.m. Boys and Girls Club Vista</i>	28 <i>CV Futures 9:30- 11:30 a.m. @ PWG Prep/JV BB Practice 11:30-1:30 p.m. V/D3 BB practice 1:30-3:30 pm @ Muni</i>

# March 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 <i>V/D3 BB practice 6-8 pm @ Muni</i>	5	6 <i>North County Futures &amp; Prep Teams 5:00-7:00 p.m. Boys and Girls Club Vista</i>	7 <i>CV Futures 9:30- 11:30 a.m. @ PWG Prep/JV BB Practice 11:30-1:30 p.m. V/D3 BB practice 1:30-3:30 pm @ Muni</i>
8	9	10 <i>Prep and JV Practice 6-8pm @ Muni</i>	11 <i>V/D3 BB practice 6-8 pm @ Muni</i>	12	13 <i>North County Futures &amp; Prep Teams 5:00-7:00 p.m. Boys and Girls Club Vista</i>	14 <i>CV Futures 9:30- 11:30 a.m. @ PWG Prep/JV BB Practice 11:30-1:30 p.m. V/D3 BB practice 1:30-3:30 pm @ Muni</i>
15	16	17	18 <i>NWBA W/C Basket- ball Championships Varsity @ Denver, CO</i>	19 <i>NWBA W/C Basket- ball Championships Varsity @ Denver, CO</i>	20 <i>North County Futures &amp; Prep Teams 5:00-7:00 Boys and Girls Club Vista NWBA W/C Basketball Championships Varsity @ Denver, CO</i>	21 <i>NWBA W/C Basket- ball Championships Varsity @ Denver, CO</i>
22	23	24	25	26	27	28
29	30	31 <i>Gym is closed Caesar Chavez B-Day</i>				

# April 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12 <i>Easter</i>	13	14	15	16	17	18 <i>Mentor Sailing Program Time and Location TBA</i>
19	20	21 <i>Quad Rugby Practice 6-8pm @ Muni</i>	22	23	24	25 <i>Quad Rugby 11:30-1:30 p.m. @ Muni</i>
26	27	28 <i>Quad Rugby Practice 6-8pm @ Muni</i>	29	30		**** <i>QR Camp</i>

# May 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 <i>Quad Rugby</i> 11:30-1:30 p.m. @ Muni
3	4	5 <i>Quad Rugby Practice</i> 6-8pm @ Muni	6	7	8	9 <i>Quad Rugby</i> 11:30-1:30 p.m. @ Muni
10 <i>Mother's Day</i>	11	12 <i>Quad Rugby Practice</i> 6-8pm @ Muni	13	14	15	16 <i>Quad Rugby</i> 11:30-1:30 p.m. @ Muni
17	18	19 <i>Quad Rugby Practice</i> 6-8pm @ Muni	20	21	22	23 <i>Memorial Weekend</i> <i>NO Practice</i>
24	25 <i>Memorial Day</i>	26 <i>Quad Rugby Practice</i> 6-8pm @ Muni	27	28	29 <i>ISP White Water</i> <i>Rafting</i>	30 <i>QR</i> 11:30-1:30 p.m. @ Muni <i>ISP White Water Rafting</i>
31 <i>ISP White Water</i> <i>Rafting</i> <i>W/C Softball</i> 2:00-4:00 p.m. <i>San Dieguito Park</i>						

# June 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 <i>Quad Rugby Practice</i> 6-8pm @ Muni	3	4	5	6 <i>Quad Rugby</i> 11:30-1:30 p.m. @ Muni
7 <i>W/C Softball</i> 2:00-4:00 p.m. <i>San Dieguito Park</i>	8	9 <i>Quad Rugby Practice</i> 6-8pm @ Muni	10	11	12	13 <i>Quad Rugby</i> 11:30-1:30 p.m. @ Muni
14 <i>W/C Softball</i> 2:00-4:00 p.m. <i>San Dieguito Park</i>	15	16	17 <i>Volunteer Orientation</i> 6:00-7:30 p.m @ Lib- erty Station	18	19	20
21 <i>W/C Softball</i> 2:00-4:00 p.m. <i>San Dieguito Park</i>	22	23	24	25	26	27
28 <i>W/C Softball</i> 2:00-4:00 p.m. <i>San Dieguito Park</i>	29	30				

# July 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4 <i>4th of July</i>
5 <i>W/C Softball 2:00-4:00 p.m. San Dieguito Park</i>	6	7 <i>Skills Development W/C Soccer 6-8 pm @ Muni</i>	8	9	10	11
12 <i>W/C Softball 2:00-4:00 p.m. San Dieguito Park</i>	13	14 <i>Skills Development W/C Soccer 6-8 pm @ Muni</i>	15 <i>Volunteer Orientation 6-7:30 p.m. @ Lib- erty Station</i>	16	17	18
19 <i>W/C Softball 2:00-4:00 p.m. San Dieguito Park</i>	20	21 <i>Skills Development W/C Soccer 6-8 pm @ Muni</i>	22	23	24	25 <i>WCSC Volunteer Orientation 9:30-11:30 a.m. @ Liberty Station</i>
26 <i>W/C Softball 2:00-4:00 p.m. San Dieguito Park</i>	27	28 <i>Skills Development W/C Soccer 6-8 pm @ Muni</i>	29	30	31	

# August 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 WCSC Volunteer Orientation 9:30-11:30 a.m. @ Liberty Station
2	3	4 Skills Development W/C Soccer 6-8 pm @ Muni	5 WCSC Volunteer Orientation 6-7:30 p.m. @ Liberty Station	6	7	8
9	10 Volunteer Staff Orientation @ SWC 5:30-7:00 p.m.	11 WCSC @ SWC 8:00 a.m. -3:00 p.m.	12 WCSC @ SWC 8:00 a.m. -3:00 p.m.	13 WCSC @ SWC 8:00 a.m. -3:00 p.m.	14 WCSC @ SWC 8:00 a.m. -3:00 p.m.	15 WCSC @ SWC 8:00 a.m. -3:00 p.m.
16	17	18 Skills Development W/C Soccer 6-8 pm @ Muni	19	20	21	22
23	24	25 Skills Development W/C Soccer 6-8 pm @ Muni	26	27	28	29 Mentor Program Day at the Beach with Del Mar Life Guards
30	31					

# September 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7 <i>Labor Day</i>	8	9	10	11	12
13	14	15	16 <i>Volunteer Orientation 6:00-7:30 p.m @ Lib- erty Station</i>	17	18 <i>North County Futures 5-7:00 p.m. Location TBA</i>	19 <i>Chula Vista Futures 9:30-11:30 @ PWG</i>
20	21	22	23 <i>Varsity Team Mtg 5:30-7:00 p.m. D3 Team Mtg 7:00- 8:30 p.m. @ Muni</i>	24	25 <i>North County Futures 5-7:00 p.m. Location TBA</i>	26 <i>Chula Vista Futures 9:30-11:30 @ PWG Prep Team Mtg 9-10:30 a.m., JV Team Mtg 10:30-12:00 p.m. @ Liberty Station</i>
27	28	29 <i>Prep and JV Team Try Outs 6:00-8:00 p.m. @ Muni Gym</i>	30 <i>V/D3 BB Practice 6:00-8:00 p.m. @ Muni</i>			

# October 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 <i>La Mesa Oktoberfest 11:00 a.m. - 10:00 p.m. North County Futures 5-7:00 p.m. Location</i>	3 <i>La Mesa Oktoberfest 11:00 a.m. -10:00 p.m.</i>
4 <i>La Mesa Oktoberfest 11:00 a.m. -6:00 p.m.</i>	5	6 <i>Prep and JV BB 6:00-8:00 p.m. @ Muni Gym</i>	7 <i>V/D3 BB Practice 6:00-8:00 p.m. @ Muni</i>	8	9 <i>North County Futures 5-7:00 p.m. Location TBA</i>	10 <i>Chula Vista Futures 9:30-11:30 @ PWG Prep/JV BB Practice 11:30 a.m. -1:30 p.m. V/D3 BB Practice 1:30-3:30 p.m @ Muni</i>
11	12	13 <i>Prep and JV BB 6:00-8:00 p.m. @ Muni Gym</i>	14 <i>V/D3 BB Practice 6:00-8:00 p.m. @ Muni Vol Orientation 6:00-7:30 p.m. @ Liberty Station</i>	15	16 <i>North County Futures 5-7:00 p.m. Location TBA</i>	17 <i>Chula Vista Futures 9:30-11:30 @ PWG Prep/JV BB Practice 11:30 a.m. -1:30 p.m. V/D3 BB Practice 1:30-3:30 p.m @ Muni</i>
18	19	20 <i>Prep and JV BB 6:00-8:00 p.m. @ Muni Gym</i>	21 <i>V/D3 BB Practice 6:00-8:00 p.m. @ Muni</i>	22	23 <i>North County Futures 5-7:00 p.m. Location TBA</i>	24 <i>Chula Vista Futures 9:30-11:30 @ PWG Prep/JV BB Practice 11:30 a.m. -1:30 p.m. V/D3 BB Practice 1:30-3:30 p.m @ Muni</i>
25	26	27 <i>Prep and JV BB 6:00-8:00 p.m. @ Muni Gym</i>	28 <i>V/D3 BB Practice 6:00-8:00 p.m. @ Muni</i>	29	30 <i>North County Futures 5-7:00 p.m. Location TBA</i>	31 <i>Chula Vista Futures 9:30-11:30 @ PWG Prep/JV BB Practice 11:30 a.m. -1:30 p.m. V/D3 BB Practice 1:30-3:30 p.m @ Muni</i>

# November 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <i>Daylight Savings Ends</i>	2	3 <i>Prep and JV BB 6:00-8:00 p.m. @ Muni Gym</i>	4 <i>V/D3 BB Practice 6:00-8:00 p.m. @ Muni</i>	5	6 <i>North County Futures 5-7:00 p.m. Location TBA</i>	7 <i>Chula Vista Futures 9:30-11:30 @ PWG Prep/JV BB Practice 11:30 a.m. -1:30 p.m. V/D3 BB Practice 1:30-3:30 p.m @ Muni</i>
8	9	10 <i>Prep and JV BB 6:00-8:00 p.m. @ Muni Gym</i>	11 <i>V/D3 BB Practice 6:00-8:00 p.m. @ Muni</i>	12	13	14 <i>Prep/JV BB Practice 11:30 a.m. -1:30 p.m. V/D3 BB Practice 1:30-3:30 p.m @ Muni</i>
15 <i>Silverstrand Half Marathon</i>	16	17 <i>Prep and JV BB 6:00-8:00 p.m. @ Muni Gym</i>	18 <i>V/D3 BB Practice 6:00-8:00 p.m. @ Muni</i>	19	20	21 <i>Prep/JV BB Practice 11:30 a.m. -1:30 p.m. V/D3 BB Practice 1:30-3:30 p.m @ Muni</i>
22	23	24 <i>Prep and JV BB 6:00-8:00 p.m. @ Muni Gym</i>	25 <i>V/D3 BB Practice 6:00-8:00 p.m. @ Muni</i>	26 <i>Thanksgiving Day</i>	27	28 <i>No Practice</i>
29	30					

# December 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 <i>Prep and JV BB 6:00-8:00 p.m. @ Muni Gym</i>	2 <i>V/D3 BB Practice 6:00-8:00 p.m. @ Muni</i>	3	4	5
6	7	8 <i>Prep and JV BB 6:00-8:00 p.m. @ Muni Gym</i>	9 <i>V/D3 BB Practice 6:00-8:00 p.m. @ Muni</i>	10	11	12 <i>Advanced BB Camp 9:00-4:30 p.m</i>
13 <i>Advanced BB Camp 9:00-4:30 p.m</i>	14	15 <i>Prep and JV BB 6:00-8:00 p.m. @ Muni Gym</i>	16 <i>V/D3 BB Practice 6:00-8:00 p.m. @ Muni</i>	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		